

# A:shiwi Elementary School

## JANUARY BREAKFAST 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
	6	7	8	9	Calories 630 Cholesterol 132 mg Sodium 1021 mg Dietary Fiber 4.32 g Iron 6.14 mg Calcium 457.37 mg Vitamin A 1229 IU Vitamin C 37.69 mg Protein 23.79 g 15.1% Carbohydrate 96.95 g 61.6% Total Fat 16.86 g 24.1% Saturated Fat 7.00 g 10.0%
MILK,1% Lowfat Assorted Fruit Juice Cream of Wheat & Peaches AST,WHOLE-WHEAT BREAD Buritto Egg Corned Beef	MILK,1% Lowfat Assorted Fruit Juice CEREAL,VARIETY TOAST,WHOLE-WHEAT BREAD Buritt,Egg,Potato,Cheese	MILK,1% Lowfat Assorted Fruit Juice CEREAL,VARIETY TOAST,WHOLE-WHEAT BREAD Buritto Egg Chili Cheese	MILK,1% Lowfat Assorted Fruit Juice CEREAL,VARIETY BANANA BREAD SQUARES	MILK,1% Lowfat Assorted Fruit Juice Malt O Meal with Rasins TOAST,WHOLE-WHEAT BREAD CROISSANT, EGGS, HAM, CHEESE	
	13	14	15	16	Calories 604 Cholesterol 117 mg Sodium 918 mg Dietary Fiber 4.66 g Iron 5.22 mg Calcium 443.27 mg Vitamin A 1035 IU Vitamin C 36.30 mg Protein 22.98 g 15.2% Carbohydrate 97.87 g 64.8% Total Fat 13.67 g 20.4% Saturated Fat 5.06 g 7.5%
MILK,1% Lowfat Apple Cinnamon Oat Meal Assorted Fruit Juice AST,WHOLE-WHEAT BREAD Buritto Egg Chili Cheese	MILK,1% Lowfat CEREAL,VARIETY Assorted Fruit Juice TOAST,WHOLE-WHEAT BREAD Biscuit Egg and Cheese Assorted Jelly	MILK,1% Lowfat CEREAL,VARIETY Assorted Fruit Juice Apple Cranberry Muffin	MILK,1% Lowfat Cream of Wheat & Peaches Assorted Fruit Juice Egg, Ham & Cheese Muffin TOAST,WHOLE-WHEAT BREAD Assorted Jelly	NO SCHOOL TODAY	
	20	21	22	23	Calories 664 Cholesterol 114 mg Sodium 1315 mg Dietary Fiber 4.12 g Iron 6.51 mg Calcium 440.50 mg Vitamin A 1080 IU Vitamin C 37.16 mg Protein 23.45 g 14.1% Carbohydrate 104.85 g 63.2% Total Fat 16.41 g 22.2% Saturated Fat 6.23 g 8.4%
MILK,1% Lowfat Malt O Meal Assorted Fruit Juice Buritto Egg Sausage AST,WHOLE-WHEAT BREAD	MILK,1% Lowfat CEREAL,VARIETY Assorted Fruit Juice Buritto Egg Chorizo buttermilk biscuit	MILK,1% Lowfat CEREAL,VARIETY Assorted Fruit Juice Buritto Egg Chili Cheese buttermilk biscuit Assorted Jelly	MILK,1% Lowfat Apple Cinnamon Oat Meal Assorted Fruit Juice BISCUIT WITH SAUSAGE TOAST,WHOLE-WHEAT BREAD	MILK,1% Lowfat CEREAL,VARIETY Assorted Fruit Juice Buritt,Egg,Potato,Cheese buttermilk biscuit	
	27	28	29	30	Calories 700 Cholesterol 119 mg Sodium 1189 mg Dietary Fiber 4.66 g Iron 7.07 mg Calcium 467.57 mg Vitamin A 1172 IU Vitamin C 37.73 mg Protein 25.11 g 14.3% Carbohydrate 112.32 g 64.2% Total Fat 17.33 g 22.3% Saturated Fat 7.04 g 9.1%
MILK,1% Lowfat Cream of Wheat & Peaches Assorted Fruit Juice Ham & Cheese Muffin AST,WHOLE-WHEAT BREAD	MILK,1% Lowfat CEREAL,VARIETY Assorted Fruit Juice CROISSANT, EGGS, HAM, CHEESE TOAST,WHOLE-WHEAT BREAD	MILK,1% Lowfat CEREAL,VARIETY Assorted Fruit Juice CINNAMON ROLLS TOAST,WHOLE-WHEAT BREAD	MILK,1% Lowfat Malt O Meal with Rasins Assorted Fruit Juice Buritto Egg Chili Cheese BISCUITS Assorted Jelly	MILK,1% Lowfat CEREAL,VARIETY Assorted Fruit Juice BANANA BREAD SQUARES TOAST,WHOLE-WHEAT BREAD	

# A:shiwi Elementary School

## JANUARY LUNCH 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
<p>Chef Salad HAM AND CHEESE SANDWICH RED CHILI STEW MILLS,RTB/RTF,FLOUR GREEN SALAD SALAD DRESSING ASSORTED MILK - Variety</p>	<p>6  TURKEY AND SWISS Chicken Chef's Salad Chicken Fried Pattie Mashed Potatoes &amp; Gravy CORN Whole Wheat Roll MILK - Variety</p>	<p>7  Turkey and Cheese Hoagie Chef Salad TOASTED HAM AND CHEESE TOMATO SOUP Fruit Cup MILK - Variety</p>	<p>8  HAM AND CHEESE SANDWICH Chef Salad CORN CHIP PIE TOSSED SALAD SALAD DRESSING ASSORTED FRUITED JELLO MILK - Variety</p>	<p>9  Chef Salad HAM AND CHEESE SANDWICH HOMEMADE PIZZA TOSSED SALAD SALAD DRESSING ASSORTED MILK - Variety</p>	<p>Calories 497 Cholesterol 84 mg Sodium 1051 mg Dietary Fiber 5.70 g Iron 3.56 mg Calcium 467.17 mg Vitamin A 3040 IU Vitamin C 17.70 mg Protein 27.99 g 22.5% Carbohydrate 60.88 g 49.0% Total Fat 16.38 g 29.7% Saturated Fat 6.46 g 11.7%</p>
<p>Chef Salad HAM AND CHEESE SANDWICH SLOPPY JOE ON A BUN OVEN ROASTED POTATOES VEGETABLE SOUP JELLO MILK - Variety</p>	<p>13  TURKEY AND SWISS Chicken Chef's Salad CHILLED APPLESAUCE CUP Chili Beans Corn Bread MILK - Variety</p>	<p>14  Turkey and Cheese Hoagie Chef Salad HOT DOG OVEN ROASTED POTATOES BEAN AND BACON SOUP MILK - Variety</p>	<p>15  HAM AND CHEESE SANDWICH Chef Salad MEAT LOAF Mashed Potatoes &amp; Gravy MIXED VEGETABLES Whole Wheat Roll MILK - Variety</p>	<p>16  Chef Salad HAM AND CHEESE SANDWICH Green Chili Casarole PINTO BEANS Flour Tortilla MILK - Variety</p>	<p>Calories 684 Cholesterol 90 mg Sodium 1218 mg Dietary Fiber 10.03 g Iron 4.98 mg Calcium 505.74 mg Vitamin A 2649 IU Vitamin C 18.21 mg Protein 34.10 g 19.9% Carbohydrate 98.25 g 57.4% Total Fat 17.90 g 23.5% Saturated Fat 6.40 g 8.4%</p>
<p>Chef Salad HAM AND CHEESE SANDWICH MAGHETTI AND MEAT SAUCE TOSSED SALAD SALAD DRESSING ASSORTED Whole Wheat Roll JELL-O CUP MILK - Variety</p>	<p>20  TURKEY AND SWISS Chicken Chef's Salad FRIED CHICKEN Mashed Potatoes &amp; Gravy PEAS Whole Wheat Roll MILK - Variety</p>	<p>21  Turkey and Cheese Hoagie Chef Salad HAMBURGER FRENCH FRIES CHICKEN AND NOODLE SOUP Fixens Bar MILK - Variety</p>	<p>22  HAM AND CHEESE SANDWICH Chef Salad RED ENCHILADA CASAROLE PINTO BEANS SPANISH RICE Flour Tortilla MILK - Variety</p>	<p>23  Chef Salad HAM AND CHEESE SANDWICH FRIED CHICKEN FRENCH FRIES Pinapple Cole Slaw Whole Wheat Roll MILK - Variety</p>	<p>Calories 639 Cholesterol 99 mg Sodium 1136 mg Dietary Fiber 7.93 g Iron 4.45 mg Calcium 461.72 mg Vitamin A 2483 IU Vitamin C 14.81 mg Protein 33.00 g 20.7% Carbohydrate 83.80 g 52.8% Total Fat 19.81 g 27.9% Saturated Fat 7.58 g 10.7%</p>
<p>Chef Salad HAM AND CHEESE SANDWICH RED CHILI STEW TOSSED SALAD SALAD DRESSING ASSORTED Flour Tortilla FRUITED JELLO MILK - Variety</p>	<p>27  TURKEY AND SWISS Chicken Chef's Salad MEAT TACOS PINTO BEANS Pinapple Cole Slaw MILK - Variety</p>	<p>28  Turkey and Cheese Hoagie Chef Salad SLOPPY JOE ON A BUN TATER TOTS CORN CHOWDER MILK - Variety</p>	<p>29  HAM AND CHEESE SANDWICH Chef Salad Teriyaki Chicken RICE,Cooked White MIXED VEGETABLES MILK - Variety</p>	<p>30  Chef Salad HAM AND CHEESE SANDWICH HOMEMADE PIZZA SALAD DRESSING ASSORTED TOSSED SALAD FRUITED JELLO MILK - Variety</p>	<p>Calories 548 Cholesterol 87 mg Sodium 1047 mg Dietary Fiber 7.12 g Iron 3.83 mg Calcium 472.04 mg Vitamin A 3408 IU Vitamin C 18.04 mg Protein 29.87 g 21.8% Carbohydrate 72.45 g 52.8% Total Fat 16.12 g 26.4% Saturated Fat 6.28 g 10.3%</p>

# Dowa Yalanne Elementary School

## JANUARY BREAKFAST 2009

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	6	7	8	9	Calories 630 Cholesterol 132 mg Sodium 1021 mg Dietary Fiber 4.32 g Iron 6.14 mg Calcium 457.37 mg Vitamin A 1229 IU Vitamin C 37.69 mg Protein 23.79 g 15.1% Carbohydrate 96.95 g 61.6% Total Fat 16.86 g 24.1% Saturated Fat 7.00 g 10.0%
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MILK,1% Lowfat Apple Cinnamon Oat Meal Assorted Fruit Juice AST,WHOLE-WHEAT BREAD Buritto Egg Chili Cheese	MILK,1% Lowfat CEREAL,VARIETY Assorted Fruit Juice TOAST,WHOLE-WHEAT BREAD Biscuit Egg and Cheese Assorted Jelly	MILK,1% Lowfat CEREAL,VARIETY Assorted Fruit Juice Apple Cranberry Muffin	MILK,1% Lowfat Cream of Wheat & Peaches Assorted Fruit Juice Egg, Ham & Cheese Muffin TOAST,WHOLE-WHEAT BREAD Assorted Jelly	NO SCHOOL TODAY	
	20	21	22	23	Calories 664 Cholesterol 114 mg Sodium 1315 mg Dietary Fiber 4.12 g Iron 6.51 mg Calcium 440.50 mg Vitamin A 1080 IU Vitamin C 37.16 mg Protein 23.45 g 14.1% Carbohydrate 104.85 g 63.2% Total Fat 16.41 g 22.2% Saturated Fat 6.23 g 8.4%
MILK,1% Lowfat Malt O Meal Assorted Fruit Juice Buritto Egg Sausage AST,WHOLE-WHEAT BREAD	MILK,1% Lowfat CEREAL,VARIETY Assorted Fruit Juice Buritto Egg Chorizo buttermilk biscuit	MILK,1% Lowfat CEREAL,VARIETY Assorted Fruit Juice Buritto Egg Chili Cheese buttermilk biscuit Assorted Jelly	MILK,1% Lowfat Apple Cinnamon Oat Meal Assorted Fruit Juice BISCUIT WITH SAUSAGE TOAST,WHOLE-WHEAT BREAD	MILK,1% Lowfat CEREAL,VARIETY Assorted Fruit Juice Buritt,Egg,Potato,Cheese buttermilk biscuit	
	27	28	29	30	Calories 700 Cholesterol 119 mg Sodium 1189 mg Dietary Fiber 4.66 g Iron 7.07 mg Calcium 467.57 mg Vitamin A 1172 IU Vitamin C 37.73 mg Protein 25.11 g 14.3% Carbohydrate 112.32 g 64.2% Total Fat 17.33 g 22.3% Saturated Fat 7.04 g 9.1%
MILK,1% Lowfat Cream of Wheat & Peaches Assorted Fruit Juice Ham & Cheese Muffin AST,WHOLE-WHEAT BREAD	MILK,1% Lowfat CEREAL,VARIETY Assorted Fruit Juice CROISSANT, EGGS, HAM, CHEESE TOAST,WHOLE-WHEAT BREAD	MILK,1% Lowfat CEREAL,VARIETY Assorted Fruit Juice CINNAMON ROLLS TOAST,WHOLE-WHEAT BREAD	MILK,1% Lowfat Malt O Meal with Rasins Assorted Fruit Juice Buritto Egg Chili Cheese BISCUITS Assorted Jelly	MILK,1% Lowfat CEREAL,VARIETY Assorted Fruit Juice BANANA BREAD SQUARES TOAST,WHOLE-WHEAT BREAD	

# Dowa Yalanne Elementary School

## JANUARY LUNCH 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
<p>Chef Salad HAM AND CHEESE SANDWICH RED CHILI STEW MILLS,RTB/RTF,FLOUR GREEN SALAD SALAD DRESSING ASSORTED MILK - Variety</p>	<p>6</p> <p>TURKEY AND SWISS Chicken Chef's Salad Chicken Fried Pattie Mashed Potatoes &amp; Gravy CORN Whole Wheat Roll MILK - Variety</p>	<p>7</p> <p>Turkey and Cheese Hoagie Chef Salad TOASTED HAM AND CHEESE TOMATO SOUP Fruit Cup MILK - Variety</p>	<p>8</p> <p>HAM AND CHEESE SANDWICH Chef Salad CORN CHIP PIE TOSSED SALAD SALAD DRESSING ASSORTED FRUITED JELLO MILK - Variety</p>	<p>9</p> <p>Chef Salad HAM AND CHEESE SANDWICH HOMEMADE PIZZA TOSSED SALAD SALAD DRESSING ASSORTED MILK - Variety</p>	<p>Calories 497 Cholesterol 84 mg Sodium 1051 mg Dietary Fiber 5.70 g Iron 3.56 mg Calcium 467.17 mg Vitamin A 3040 IU Vitamin C 17.70 mg Protein 27.99 g 22.5% Carbohydrate 60.88 g 49.0% Total Fat 16.38 g 29.7% Saturated Fat 6.46 g 11.7%</p>
<p>Chef Salad HAM AND CHEESE SANDWICH SLOPPY JOE ON A BUN OVEN ROASTED POTATOES VEGETABLE SOUP JELLO MILK - Variety</p>	<p>13</p> <p>TURKEY AND SWISS Chicken Chef's Salad CHILLED APPLESAUCE CUP Chili Beans Corn Bread MILK - Variety</p>	<p>14</p> <p>Turkey and Cheese Hoagie Chef Salad HOT DOG OVEN ROASTED POTATOES BEAN AND BACON SOUP MILK - Variety</p>	<p>15</p> <p>HAM AND CHEESE SANDWICH Chef Salad MEAT LOAF Mashed Potatoes &amp; Gravy MIXED VEGETABLES Whole Wheat Roll MILK - Variety</p>	<p>16</p> <p>Chef Salad HAM AND CHEESE SANDWICH Green Chili Casarole PINTO BEANS Flour Tortilla MILK - Variety</p>	<p>Calories 684 Cholesterol 90 mg Sodium 1218 mg Dietary Fiber 10.03 g Iron 4.98 mg Calcium 505.74 mg Vitamin A 2649 IU Vitamin C 18.21 mg Protein 34.10 g 19.9% Carbohydrate 98.25 g 57.4% Total Fat 17.90 g 23.5% Saturated Fat 6.40 g 8.4%</p>
<p>Chef Salad HAM AND CHEESE SANDWICH MAGHETTI AND MEAT SAUCE TOSSED SALAD SALAD DRESSING ASSORTED Whole Wheat Roll JELL-O CUP MILK - Variety</p>	<p>20</p> <p>TURKEY AND SWISS Chicken Chef's Salad FRIED CHICKEN Mashed Potatoes &amp; Gravy PEAS Whole Wheat Roll MILK - Variety</p>	<p>21</p> <p>Turkey and Cheese Hoagie Chef Salad HAMBURGER FRENCH FRIES CHICKEN AND NOODLE SOUP Fixens Bar MILK - Variety</p>	<p>22</p> <p>HAM AND CHEESE SANDWICH Chef Salad RED ENCHILADA CASAROLE PINTO BEANS SPANISH RICE Flour Tortilla MILK - Variety</p>	<p>23</p> <p>Chef Salad HAM AND CHEESE SANDWICH FRIED CHICKEN FRENCH FRIES Pinapple Cole Slaw Whole Wheat Roll MILK - Variety</p>	<p>Calories 639 Cholesterol 99 mg Sodium 1136 mg Dietary Fiber 7.93 g Iron 4.45 mg Calcium 461.72 mg Vitamin A 2483 IU Vitamin C 14.81 mg Protein 33.00 g 20.7% Carbohydrate 83.80 g 52.8% Total Fat 19.81 g 27.9% Saturated Fat 7.58 g 10.7%</p>
<p>Chef Salad HAM AND CHEESE SANDWICH RED CHILI STEW TOSSED SALAD SALAD DRESSING ASSORTED Flour Tortilla FRUITED JELLO MILK - Variety</p>	<p>27</p> <p>TURKEY AND SWISS Chicken Chef's Salad MEAT TACOS PINTO BEANS Pinapple Cole Slaw MILK - Variety</p>	<p>28</p> <p>Turkey and Cheese Hoagie Chef Salad SLOPPY JOE ON A BUN TATER TOTS CORN CHOWDER MILK - Variety</p>	<p>29</p> <p>HAM AND CHEESE SANDWICH Chef Salad Teriyaki Chicken RICE,Cooked White MIXED VEGETABLES MILK - Variety</p>	<p>30</p> <p>Chef Salad HAM AND CHEESE SANDWICH HOMEMADE PIZZA SALAD DRESSING ASSORTED TOSSED SALAD FRUITED JELLO MILK - Variety</p>	<p>Calories 548 Cholesterol 87 mg Sodium 1047 mg Dietary Fiber 7.12 g Iron 3.83 mg Calcium 472.04 mg Vitamin A 3408 IU Vitamin C 18.04 mg Protein 29.87 g 21.8% Carbohydrate 72.45 g 52.8% Total Fat 16.12 g 26.4% Saturated Fat 6.28 g 10.3%</p>

# Zuni Middle School

## JANUARY BREAKFAST 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
	6	7	8	9	Calories 543 Cholesterol 62 mg Sodium 761 mg Dietary Fiber 4.55 g Iron 5.06 mg Calcium 393.01 mg Vitamin A 891 IU Vitamin C 41.13 mg Protein 18.01 g 13.3% Carbohydrate 97.69 g 72.0% Total Fat 9.74 g 16.2% Saturated Fat 3.60 g 6.0%
MILK,1% Lowfat Assorted Fruit Juice Cream of Wheat & Peaches AST,WHOLE-WHEAT BREAD Burrito Egg Corned Beef	MILK,1% Lowfat Assorted Fruit Juice Buritt,Egg,Potato,Cheese Fresh Fruit assorted	MILK,1% Lowfat Assorted Fruit Juice CEREAL,VARIETY TOAST,WHOLE-WHEAT BREAD Assorted Jelly BANANAS	MILK,1% Lowfat Assorted Fruit Juice CEREAL,VARIETY TOAST,WHOLE-WHEAT BREAD BANANA BREAD SQUARES	MILK,1% Lowfat Assorted Fruit Juice Malt O Meal with Rasins buttermilk biscuit Assorted Jelly	
	13	14	15	16	Calories 469 Cholesterol 89 mg Sodium 753 mg Dietary Fiber 2.63 g Iron 2.92 mg Calcium 402.36 mg Vitamin A 730 IU Vitamin C 40.80 mg Protein 15.75 g 13.4% Carbohydrate 75.63 g 64.5% Total Fat 11.87 g 22.8% Saturated Fat 4.35 g 8.4%
MILK,1% Lowfat Assorted Fruit Juice Burrito Egg Chili Cheese Fresh Fruit assorted	MILK,1% Lowfat Assorted Fruit Juice Biscuit Egg and Cheese Fresh Fruit assorted	MILK,1% Lowfat Assorted Fruit Juice Malt O Meal buttermilk biscuit Assorted Jelly	MILK,1% Lowfat Assorted Fruit Juice Apple Cranberry Muffin	NO SCHOOL TODAY	
	20	21	22	23	Calories 435 Cholesterol 45 mg Sodium 522 mg Dietary Fiber 4.62 g Iron 2.57 mg Calcium 355.03 mg Vitamin A 739 IU Vitamin C 46.59 mg Protein 15.98 g 14.7% Carbohydrate 74.81 g 68.8% Total Fat 8.85 g 18.3% Saturated Fat 3.45 g 7.1%
MILK,1% Lowfat Assorted Fruit Juice Buritto Egg Sausage Fresh Fruit assorted	MILK,1% Lowfat BANANA BREAD SQUARES Assorted Fruit Juice Fresh Fruit assorted	MILK,1% Lowfat Assorted Fruit Juice Assorted Jelly Apple Cinnamon Oat Meal TOAST,WHOLE-WHEAT BREAD	MILK,1% Lowfat Assorted Fruit Juice BISCUIT WITH SAUSAGE Fresh Fruit assorted	MILK,1% Lowfat Assorted Fruit Juice CEREAL,VARIETY TOAST,WHOLE-WHEAT BREAD Assorted Jelly BANANAS	
	27	28	29	30	Calories 525 Cholesterol 93 mg Sodium 780 mg Dietary Fiber 3.50 g Iron 4.38 mg Calcium 415.56 mg Vitamin A 1005 IU Vitamin C 44.21 mg Protein 18.76 g 14.3% Carbohydrate 87.38 g 66.6% Total Fat 11.51 g 19.8% Saturated Fat 4.51 g 7.7%
MILK,1% Lowfat CEREAL,VARIETY Assorted Fruit Juice Ham & Cheese Muffin Fruit Cup	MILK,1% Lowfat Buritt,Egg,Potato,Cheese Assorted Fruit Juice	MILK,1% Lowfat Assorted Fruit Juice CINNAMON ROLLS Fresh Fruit assorted	MILK,1% Lowfat Buritto Egg Chili Cheese Assorted Fruit Juice Fresh Fruit assorted	MILK,1% Lowfat Assorted Fruit Juice CEREAL,VARIETY Assorted Jelly buttermilk biscuit	

# Zuni Middle School

## JANUARY LUNCH 2009

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<p>Chef Salad HAM AND CHEESE SANDWICH RED CHILI STEW MILLS,RTB/RTF,FLOUR GREEN SALAD SALAD DRESSING ASSORTED MILK - Variety</p>	<p>6  TURKEY AND SWISS Chicken Chef's Salad Chicken Fried Pattie Mashed Potatoes &amp; Gravy CORN Whole Wheat Roll MILK - Variety</p>	<p>7  Turkey and Cheese Hoagie Chef Salad TOASTED HAM AND CHEESE TOMATO SOUP Fruit Cup MILK - Variety</p>	<p>8  HAM AND CHEESE SANDWICH Chef Salad CORN CHIP PIE TOSSED SALAD SALAD DRESSING ASSORTED FRUITED JELLO MILK - Variety</p>	<p>9  Chef Salad HAM AND CHEESE SANDWICH HOMEMADE PIZZA TOSSED SALAD SALAD DRESSING ASSORTED MILK - Variety</p>	<p>Calories 497 Cholesterol 84 mg Sodium 1051 mg Dietary Fiber 5.70 g Iron 3.56 mg Calcium 467.17 mg Vitamin A 3040 IU Vitamin C 17.70 mg Protein 27.99 g 22.5% Carbohydrate 60.88 g 49.0% Total Fat 16.38 g 29.7% Saturated Fat 6.46 g 11.7%</p>
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<p>Chef Salad HAM AND CHEESE SANDWICH MAGHETTI AND MEAT SAUCE TOSSED SALAD SALAD DRESSING ASSORTED Whole Wheat Roll JELL-O CUP MILK - Variety</p>	<p>20  TURKEY AND SWISS Chicken Chef's Salad FRIED CHICKEN Mashed Potatoes &amp; Gravy PEAS Whole Wheat Roll MILK - Variety</p>	<p>21  Turkey and Cheese Hoagie Chef Salad HAMBURGER FRENCH FRIES CHICKEN AND NOODLE SOUP Fixens Bar MILK - Variety</p>	<p>22  HAM AND CHEESE SANDWICH Chef Salad RED ENCHILADA CASAROLE PINTO BEANS SPANISH RICE Flour Tortilla MILK - Variety</p>	<p>23  Chef Salad HAM AND CHEESE SANDWICH FRIED CHICKEN FRENCH FRIES Pinapple Cole Slaw Whole Wheat Roll MILK - Variety</p>	<p>Calories 639 Cholesterol 99 mg Sodium 1136 mg Dietary Fiber 7.93 g Iron 4.45 mg Calcium 461.72 mg Vitamin A 2483 IU Vitamin C 14.81 mg Protein 33.00 g 20.7% Carbohydrate 83.80 g 52.8% Total Fat 19.81 g 27.9% Saturated Fat 7.58 g 10.7%</p>
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	13	14	15	16	Calories 599 Cholesterol 119 mg Sodium 897 mg Dietary Fiber 4.59 g Iron 5.35 mg Calcium 431.24 mg Vitamin A 1095 IU Vitamin C 37.29 mg Protein 22.82 g 15.2% Carbohydrate 97.21 g 64.9% Total Fat 13.56 g 20.4% Saturated Fat 4.91 g 7.4%
MILK,1% Lowfat Apple Cinnamon Oat Meal Assorted Fruit Juice AST,WHOLE-WHEAT BREAD Buritto Egg Chili Cheese	MILK,1% Lowfat CEREAL,VARIETY Assorted Fruit Juice TOAST,WHOLE-WHEAT BREAD Biscuit Egg and Cheese Assorted Jelly	MILK,1% Lowfat CEREAL,VARIETY Assorted Fruit Juice Apple Cranberry Muffin	MILK,1% Lowfat Cream of Wheat & Peaches Assorted Fruit Juice Egg, Ham & Cheese Muffin TOAST,WHOLE-WHEAT BREAD Assorted Jelly	MILK,1% Lowfat CEREAL,VARIETY Assorted Fruit Juice Buritto Egg Corned Beef TOAST,WHOLE-WHEAT BREAD Assorted Jelly	
	20	21	22	23	Calories 664 Cholesterol 114 mg Sodium 1315 mg Dietary Fiber 4.12 g Iron 6.51 mg Calcium 440.50 mg Vitamin A 1080 IU Vitamin C 37.16 mg Protein 23.45 g 14.1% Carbohydrate 104.85 g 63.2% Total Fat 16.41 g 22.2% Saturated Fat 6.23 g 8.4%
MILK,1% Lowfat Malt O Meal Assorted Fruit Juice Buritto Egg Sausage AST,WHOLE-WHEAT BREAD	MILK,1% Lowfat CEREAL,VARIETY Assorted Fruit Juice Buritto Egg Chorizo buttermilk biscuit	MILK,1% Lowfat CEREAL,VARIETY Assorted Fruit Juice Buritto Egg Chili Cheese buttermilk biscuit Assorted Jelly	MILK,1% Lowfat Apple Cinnamon Oat Meal Assorted Fruit Juice BISCUIT WITH SAUSAGE TOAST,WHOLE-WHEAT BREAD	MILK,1% Lowfat CEREAL,VARIETY Assorted Fruit Juice Buritt,Egg,Potato,Cheese buttermilk biscuit	
	27	28	29	30	Calories 700 Cholesterol 119 mg Sodium 1189 mg Dietary Fiber 4.66 g Iron 7.07 mg Calcium 467.57 mg Vitamin A 1172 IU Vitamin C 37.73 mg Protein 25.11 g 14.3% Carbohydrate 112.32 g 64.2% Total Fat 17.33 g 22.3% Saturated Fat 7.04 g 9.1%
MILK,1% Lowfat Cream of Wheat & Peaches Assorted Fruit Juice Ham & Cheese Muffin AST,WHOLE-WHEAT BREAD	MILK,1% Lowfat CEREAL,VARIETY Assorted Fruit Juice CROISSANT, EGGS, HAM, CHEESE TOAST,WHOLE-WHEAT BREAD	MILK,1% Lowfat CEREAL,VARIETY Assorted Fruit Juice CINNAMON ROLLS TOAST,WHOLE-WHEAT BREAD	MILK,1% Lowfat Malt O Meal with Rasins Assorted Fruit Juice Buritto Egg Chili Cheese BISCUITS Assorted Jelly	MILK,1% Lowfat CEREAL,VARIETY Assorted Fruit Juice BANANA BREAD SQUARES TOAST,WHOLE-WHEAT BREAD	

# Zuni High School

## JANUARY LUNCH 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
	6	7	8	9	Calories 649 Cholesterol 75 mg Sodium 1148 mg Dietary Fiber 8.59 g Iron 4.93 mg Calcium 485.08 mg Vitamin A 3523 IU Vitamin C 27.49 mg Protein 30.51 g 18.8% Carbohydrate 86.39 g 53.2% Total Fat 21.09 g 29.2% Saturated Fat 8.81 g 12.2%
HAMBURGER FRENCH FRIES Chef Salad HAM AND CHEESE SANDWICH RED CHILI STEW MILK,RTB/RTF,FLOUR GREEN SALAD SALAD DRESSING ASSORTED MILK - Variety	Cheeseburger FRENCH FRIES TURKEY AND SWISS Chicken Chef's Salad Chicken Fried Pattie Mashed Potatoes & Gravy GREEN BEANS Whole Wheat Roll MILK - Variety	HAMBURGER FRENCH FRIES Turkey and Cheese Hoagie Chef Salad TOASTED HAM AND CHEESE TOMATO SOUP Fruit Cup MILK - Variety	Cheeseburger FRENCH FRIES HAM AND CHEESE SANDWICH Chef Salad CORN CHIP PIE TOSSED SALAD SALAD DRESSING ASSORTED FRUITED JELLO MILK - Variety	HAMBURGER FRENCH FRIES Chef Salad HAM AND CHEESE SANDWICH HOMEMADE PIZZA TOSSED SALAD SALAD DRESSING ASSORTED MILK - Variety	
BBQ Sandwich Chef Salad HAM AND CHEESE SANDWICH SLOPPY JOE ON A BUN OVEN ROASTED POTATOES MIXED VEGETABLE SOUP FRUITED JELLO MILK - Variety	13 Cheeseburger FRENCH FRIES TURKEY AND SWISS Chicken Chef's Salad CHILLED APPLESAUCE CUP Chili Beans Corn Bread MILK - Variety	14 HAMBURGER Turkey and Cheese Hoagie Chef Salad HOT DOG OVEN ROASTED POTATOES BEAN AND BACON SOUP MILK - Variety	15 Cheeseburger FRENCH FRIES HAM AND CHEESE SANDWICH Chef Salad MEAT LOAF Mashed Potatoes & Gravy MIXED VEGETABLES Whole Wheat Roll MILK - Variety	16 HAMBURGER FRENCH FRIES Chef Salad HAM AND CHEESE SANDWICH Green Chili Casarole PINTO BEANS Flour Tortilla MILK - Variety	Calories 719 Cholesterol 87 mg Sodium 1211 mg Dietary Fiber 10.98 g Iron 5.57 mg Calcium 530.18 mg Vitamin A 2700 IU Vitamin C 21.56 mg Protein 35.96 g 20.0% Carbohydrate 99.34 g 55.3% Total Fat 20.65 g 25.9% Saturated Fat 7.70 g 9.6%
HAMBURGER FRENCH FRIES Chef Salad HAM AND CHEESE SANDWICH MUSHROOM AND MEAT SAUCE TOSSED SALAD SALAD DRESSING ASSORTED Whole Wheat Roll JELL-O CUP MILK - Variety	20 Cheeseburger FRENCH FRIES TURKEY AND SWISS Chicken Chef's Salad FRIED CHICKEN Mashed Potatoes & Gravy PEAS Whole Wheat Roll MILK - Variety	21 BBQ Sandwich Turkey and Cheese Hoagie Chef Salad HAMBURGER FRENCH FRIES CHICKEN AND NOODLE SOUP Fixens Bar MILK - Variety	22 Cheeseburger FRENCH FRIES HAM AND CHEESE SANDWICH Chef Salad RED ENCHILADA CASAROLE PINTO BEANS SPANISH RICE Flour Tortilla MILK - Variety	23 HAMBURGER Chef Salad HAM AND CHEESE SANDWICH FRIED CHICKEN FRENCH FRIES Pinapple Cole Slaw Whole Wheat Roll MILK - Variety	Calories 729 Cholesterol 90 mg Sodium 1128 mg Dietary Fiber 8.96 g Iron 5.08 mg Calcium 460.45 mg Vitamin A 2349 IU Vitamin C 17.02 mg Protein 34.14 g 18.7% Carbohydrate 97.76 g 53.6% Total Fat 23.24 g 28.7% Saturated Fat 9.43 g 11.6%
HAMBURGER FRENCH FRIES Chef Salad HAM AND CHEESE SANDWICH RED CHILI STEW TOSSED SALAD SALAD DRESSING ASSORTED Flour Tortilla FRUITED JELLO MILK - Variety	27 Cheeseburger FRENCH FRIES TURKEY AND SWISS Chicken Chef's Salad MEAT TACOS PINTO BEANS Pinapple Cole Slaw MILK - Variety	28 HAMBURGER Turkey and Cheese Hoagie Chef Salad SLOPPY JOE ON A BUN TATER TOTS CORN CHOWDER MILK - Variety	29 Cheeseburger FRENCH FRIES HAM AND CHEESE SANDWICH Chef Salad Teriyaki Chicken RICE,Cooked White MIXED VEGETABLES MILK - Variety	30 HAMBURGER FRENCH FRIES Chef Salad HAM AND CHEESE SANDWICH HOMEMADE PIZZA SALAD DRESSING ASSORTED TOSSED SALAD FRUITED JELLO MILK - Variety	Calories 752 Cholesterol 84 mg Sodium 1168 mg Dietary Fiber 10.22 g Iron 5.09 mg Calcium 505.01 mg Vitamin A 4458 IU Vitamin C 22.24 mg Protein 33.99 g 18.1% Carbohydrate 103.72 g 55.3% Total Fat 23.55 g 28.2% Saturated Fat 9.87 g 11.8%